2: Castetter and Opler N, E-5 (1931-1934)1936
NT8 Eastern Apache NT8
CHIRICAHUA
MESCALERO

food. The fruits of the hedgehog cactus *(Echinocereus coccineus)*, the salmon-flowered hedgehog *(E. lecanus)*, the desert strawberry *(E. fendleri)*, the golden spined strawberry *(E. chrysocentrus)*, and the rainbow cactus *(E. rigidissimus)* were gathered occasionally and eaten fresh. Several species of *Neomammillaria*, including the sunset cactus *(N. grahami)*, the snowball pincushion *(N. olivia)*, and the horned toad cactus *(N. mainae)* were at times eaten without preparation, although fruits of the sunset cactus were often dried and stored for winter use, when they were cooked before being eaten.

Mesquite *(Prosopis glandulosa)* is one of the most widespread and best known plants of the Southwest and its sweet, nutritious fruits have been and still are rather extensively used as a source of food. The beans of the mesquite were gathered, boiled, pounded on a hide or ground on a metate, the mixture placed in a pan and worked with the hands until it attained a thick consistency. Formerly the raw beans were ground on a metate into flour, at present a meat grinder is used for this purpose. In either case the seed coats were winnowed from the flour. The mesquite flour was usually made into bread as well as into a sort of pancake, which these Indians regarded as most delicious. Frequently the beans were cooked with meat, and the seed coats spit out as the combination was eaten. Gregg *(8:*102), evidently referring to these Apache of New Mexico, wrote that the mesquite pod was ground for flour with which to make their favorite pinole.

Occasionally the pods containing the seeds were boiled in water until the mixture turned red, after which the pods were taken out and mashed by hand, then put back in the container and boiled again until the water had been almost all boiled off. This constituted a sort of pudding.

Similarly the yellow fruits of the screw bean or tornillo *(Strombocarpa pubescens)* were extensively gathered, dried, and stored in sacks. The pods, which are somewhat sweeter than those of the mesquite, might be chewed and eaten raw as a delicacy but they were more commonly dried,